## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	FE-1,FE-2	Morning Inspection
06:00-06:05	CDR	Reaction Self Test
06:05-06:10	CDR	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR, <b>FE-2</b>	BREAKFAST
06:40-07:30	FE-1	BREAKFAST. <b>SM ITCC [Caution &amp; Warning Panel] Test</b> (after breakfast)
09:00-10:00	CDR	Physical Exercise (CEVIS)
10:00-11:30	CDR	Physical Exercise (ARED)
11:30-13:00	FE-2	Physical Exercise (ARED)
12:00-13:00	FE-1	Physical Exercise (TVIS), Day 2
12:25-13:00	CDR	Checkout of the video file playback downlink function of MSPR VRU
13:00-14:00		LUNCH
14:00-15:25	CDR	MSPR VRU Functions Checkout
14:00-14:40	FE-1	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), POTOK Air Purification System Data Calldowns
17:15-18:45	FE-1	Physical Exercise (ARED)
17:45-18:45	FE-2	Physical Exercise (TVIS), Day 2
18:40-18:45	CDR	MSPR Components Deactivation
18:45-19:15		Evening Work Prep
19:15-19:30		Daily Planning Conference (S-band)  Report to MCC when SM (A101) 800A Unit #1 is ready for swap
19:30-19:45	CDR	Private Family Conference
19:45-21:25	CDR	Pre-sleep
19:30-21:30	FE-1,FE-2	Pre-sleep
21:25-21:30	CDR	Reaction Self Test
21:30-06:00		SLEEP
Task List	FE-1,FE-2	URAGAN. Observations and Photography
		ECON. Observations and Photography
		SEINER Ocean Observations
		Preparation of reports for Roskosmos site

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
   See OSTP for references to US activities
   Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram